



# High-Protein Peanut Butter Yogurt with Pear Slices

Prep Time 5 mins  
Total Time 0 mins  
Meal Type Breakfast,Snack,Side  
Contributed By



Source Living Plate Teaching Kitchen

Servings 2



## Ingredients

lb,c g,ml

- 2 cups Greek yogurt, 2%
- 1/4 cups peanut butter powder
- 2 pears, *sliced*
- 2 Tbs hemp seeds

## Directions

### Prep

1. Mix peanut butter powder into the yogurt.

### Make

1. Spread on pear slices or dip, sprinkle with hemp seeds, and enjoy!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>326</b>	<b>Total Fat</b> 10.3g	15%	<b>Total Carbohydrates</b> 37g	12%
		Saturated Fat 3.0g	15%	Dietary Fiber 8g	31%
		Trans Fat 0.0g		Total Sugars 24g	
		Cholesterol 20mg	6%	<b>Protein</b> 26g	
		Sodium 151mg	6%		
Vitamin D 0mcg 0% · Calcium 222mg 22% · Iron 2mg 9% · Potassium 577mg 12%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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